

Pick a **better** snack™ with your family - \$ave money and eat smart!

Spinach is a nutrition powerhouse! It is packed with vitamins, minerals and antioxidants. Best of all, it may just be a solution for feeding picky kids.

Cooking with Spinach

Spinach is a nutritious chameleon. You can add fresh or frozen spinach to kids' favorite foods like:

- mac and cheese
- pizza sauce
- casseroles
- taco meat
- eggs
- soup



Saving money on spinach

Fresh spinach leaves taste great in a salad or as a sandwich topping, but there is no need to spend the money on fresh spinach for cooking!

Frozen spinach is one of the best values in the grocery store. A 12-16 ounce bag of frozen spinach will cost around \$1.25. This is about one third of the cost of fresh spinach and it has all of the same nutrients. It cooks in no time and if you're adding it to a hot dish, you don't even have to defrost it, just stir it in and heat it through. How easy is that?

Spinach can also be grown easily in Iowa. You don't even need a garden, simply sprinkle seeds in a large pot of soil and water daily. You'll have spinach for fresh salads this summer!



